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Boomers And Shakers Presents Home Sweet Home: Aging In Place April 26

Monday, April 18, 2022

According to AARP's 2021 Home and Community Preferences survey, more than 75 percent of adults 50 years and older want to remain in their homes as they age.

For those interested in living at home as they grow older, join Boomers and Shakers on Tuesday, April 26, at 1 p.m. as Pamela Evans, OTR/L, and Certified Aging in Place specialist, explains what aging in place means, what you need to consider and what you should do now to prepare for the future. The event will take place at Christ UMC 8645 East Brainerd Road (across from Publix).

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Mrs. Evans is a native of Chattanooga and is the senior health coordinator at the Southeast Tennessee Area Agency on Aging and Disability. Mrs. Evans volunteers with the Chattanooga chapter of AARP as a Homefit presenter and Carfit technician. She is also a certified ergonomic assessment specialist, a certified dementia practitioner and has obtained an executive certification in home modifications.

Boomers and Shakers is a community enrichment program designed for adults 50 + focusing on mind, body, and spirit. The program is designed for learning new things, enhancing old skills, exchanging thoughts on numerous topics, meeting new people, and participating in community service projects. The community is invited to all programs.

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Siskin Hospital
for Physical Rehabilitation

April 18, 2022
Athens Senior Community Celebrates Prom Day

Dominion Senior Living of Athens experienced a magical night on March 31 with Prom Day. Dave and the Right Mix kept residents and staff tapping their

April 18, 2022
Boomers And Shakers Presents Home Sweet Home: Aging In Place April 26

According to AARP's 2021 Home and Community Preferences survey, more than 75 percent of adults 50 years and older want to remain in their homes as

April 15, 2022
Children's Hospital At Erlanger And Safe Kids Southeast TN Coalition Host Safe Kids At The Zoo Event April 30

Children's Hospital at Erlanger has partnered with the Chattanooga Zoo to bring safety education to the local community in a fun and child-friendly

toes and "boogie-oogie-oogie-ing" all ...
(click for more)

they age. For those interested in living ...
(click for more)

way. The event will take place on Saturday, ...
(click for more)

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Living Well

Athens Senior Community Celebrates Prom Day

Dominion Senior Living of Athens experienced a magical night on March 31 with Prom Day. Dave and the Right Mix kept residents and staff tapping their toes and "boogie-oogie-oogie-ing" all afternoon, officials said. The community crowned their King and Queen, had refreshments and then, of course, took prom pictures in front of a backdrop.
(click for more)

Boomers And Shakers Presents Home Sweet Home: Aging In Place April 26

According to AARP's 2021 Home and Community Preferences survey, more than 75 percent of adults 50 years and older want to remain in their homes as they age. For those interested in living at home as they grow older, join Boomers and Shakers on Tuesday, April 26, at 1 p.m. as Pamela Evans, OTR/L, and Certified Aging in Place specialist, explains what aging in place means, what ...
(click for more)

Children's Hospital At Erlanger And Safe Kids Southeast TN Coalition Host Safe Kids At The Zoo Event April 30

Erlanger East Hospital Hosts Volunteer Fair Wednesday

Hamilton Medical Center Offering Evening Class Option For CNA Course

Hamilton Health Care System Opens Cardiovascular Institute In Catoosa County

All Living Well Articles

Breaking News

Lamel Billups, 20, Arrested For Shooting At Volkswagen Plant On April 11

Chattanooga Police Department Violent Crimes investigators arrested Lamel Billups, 20, for the shooting that happened on April 11, at 8000 Volkswagen Drive. Two men, 19 and 31, were injured in the shooting. Billups is charged with a tempted first-degree murder (x3), aggravated assault (x3), felony reckless endangerment, possession of a firearm during the commission of a felony. ...
(click for more)

Chattanooga Airport, CARTA Drop Mask Requirement; Federal Judge Who Made Far-Reaching Decision Is Covenant College Graduate

The Chattanooga Airport will no longer be requiring wearing of masks after a ruling by a Florida judge, who was a graduate of Covenant College on Lookout Mountain. Also, CARTA announced that it will no longer require its' customers to wear facial coverings on their buses, "but strongly recommends that people continue to do so for their protection and safety." The Federal Transit ...
(click for more)

City Deputy Administrator Placed On Leave Pending Investigation; Former City Councilman Charged With Stealing Steaks From Walmart

Latest Hamilton County Arrest Report

Finley Stadium Booming Once Again; 20,000 Expected For Kane Brown Concert; New EV Charging Stations Coming

Governor Bill Lee Declines Clemency Plea Of Death Row Inmate Oscar Smith

All Breaking News Articles

Opinion

Senator Blackburn: A Time For Renewal

Between colorful Easter egg rolls and joyous church services, Tennessee families gathered around the table this past weekend to celebrate a time of renewal. As I reflected alongside my own family, I was inspired by the strong spirit of the Volunteer State. With my annual visits to all 95 counties well underway, I am joining local leaders with a renewed commitment to helping our ...
(click for more)

Roy Exum: A Two-Sided Coin

The conversation drifted to scrapbooks. Those of us old enough remember that scrapbooks chronicled our lives back in the day, filled with pictures and letters from friends and quotations we yearned to memorize. But today we keep pictures on our iPhones, we text rather than put a stamp on a thank-you note that was once kept and savored in our scrapbooks. Oh, how I long to see mine ...
(click for more)

Boyd Patterson Keeps His Promises

James Walker Is An Advocate For Parents, Students And Teachers

Matt Hullander Has Integrity

Boyd Patterson Has All The Right Stuff

All Opinion Articles

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Happenings

Chickamauga And Chattanooga National Military Park Announce Summer Day Camps

Did You Know? Stool Pigeon

Winners Of Young Southern Student Writers Contest Announced

Upcoming Special Event Road Closures Announced

Business

OPG, TVA Partner On New Nuclear Technology Development

Chattanooga Whiskey Founder And CEO Tim Piersant Provides Walking Tour Podcast Of Riverfront Distillery Facility

All Business Articles

Real Estate

Habitat And Easy Auto Announce Winner Of Family Fundraiser

City Council Approves 74 Townhomes, Apartment Flats In 5200 Block Of Old Hixson Pike Despite Density Concerns

All Real Estate Articles

Mask Requirement Discontinued On CARTA Buses

All Happenings Articles

Dining

Tickets On Sale For "Downtown Dine Around" In Cleveland

Chattanooga Burger Week Begins Monday

J. Alexander's Restaurant Property Sold For \$7,438,000

Property On Gunbarrel Road That Includes Chipotle Mexican Grill Sells For \$4,723,000

New Restaurant Opening At Site Of Beast And Barrel On Frazier Avenue

All Dining Articles

Student Scene

Marching Mocs Membership Registration Soars Over 125

GNTC Creates New Lineworker Training Program With Support Of Georgia Power

GPS Mock Trial Teams Place At State

All Student Scene Articles

Church

Bob Tamasy: What We Take For Granted In A Land Of Plenty

Hope For Mental Health: Seminars To Inform And Workshops Offered At Signal Mountain Presbyterian Church

All Church Articles

Memories

John Shearer: With Krystal Turning 90, Gordon Davenport Recalls Family Restaurant Memories

The Jewel That Was Ours: WDOD AM 1310 KHz

All Memories Articles

Living Well

Parkridge Medical Center Recognizes Donate Life Month By Encouraging Donor Registration

Chattanooga Designates April As Donate Life Month

Parkridge East Expands Women's Services With Completion Of A \$9.8 Million Project

All Living Well Articles

Outdoors

Cleanup Help Needed This Sunday Removing Trash From Former Homeless Camp In Brainerd

Mississippi River Named Among America's Most Endangered Rivers Of 2022

All Outdoors Articles

